

WHAT IS CLAIMED IS:

1. An apparatus for practicing baseball batting, comprising:

5 a base formed of a rubber block, said base having a center through hole through top and bottom surfaces thereof;

 an upright vertically supported on the top surface of said base, said upright having a metal screw holder fixedly provided in a bottom end thereof
10 and fastened to the center through hole of said base with a screw, and a top coupling hole axially disposed in a top end thereof;

 a rubber stem upwardly extended from said upright, said rubber stem having an annular groove extended around the periphery thereof near a top end,
15 and a bottom end press fitted into the top coupling hole of said upright;

 a flexible hollow plastic tube, said flexible hollow plastic tube having a plurality of annular grooves extended around the periphery thereof at different elevations, a top coupling hole axially disposed in a top end thereof, and a
20 bottom coupling hole axially disposed in a bottom end thereof and fastened to the top end of said rubber stem; and

 a tubular rubber ball holder, said tubular rubber ball holder having an expanded top ball seat adapted to hold a ball for batting, and an engagement
25 flange extended around the periphery near a bottom end thereof and press-fitted

into the top coupling hole of said flexible tube.